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United States Department of Agriculture,

BUREAU OF ANIMAL INDUSTRY,

DAIRY DIVISION.

COTTAGE CHEESE—AN INEXPENSIVE MEAT SUBSTITUTE.

Cottage cheese is one of the important meat substitutes, say specialists of the United States Department of Agriculture. It contains a larger percentage of protein (the chief material for body building) than most meats and furnishes this material at a lower cost. In every pound of cottage cheese there is about one-fifth of a pound of protein, nearly all of which is digestible. Meats, on the other hand, usually contain less protein and besides have a certain waste, such as bone and other inedible material. A pound of cottage cheese daily would supply all the protein required by the ordinary adult engaged in a sedentary occupation.

The following table shows that cottage cheese is much cheaper than most meats in furnishing protein for the diet.

For supplying protein, one pound of cottage cheese equals:

- 1.27 pounds sirloin steak.
- 1.09 pounds round steak.
- 1.37 pounds chuck rib beef.
- 1.52 pounds fowl.
- 1.46 pounds fresh ham.
- 1.44 pounds smoked ham.
- 1.58 pounds loin pork chop.
- 1.31 pounds hind leg of lamb.
- 1.37 pounds breast of veal.

In addition to protein, energy for performing body work must be furnished by food. As a source of energy also, cottage cheese is cheaper than most meats at present prices. The following table shows the comparison when energy is considered.

On the basis of energy supplied, one pound of cottage cheese equals:

- 8½ ounces sirloin steak.
- 11½ ounces round steak.
- 11½ ounces chuck rib beef.
- 10½ ounces fowl.
- 5½ ounces fresh ham.
- 5 ounces smoked ham.
- 6 ounces loin pork chop.
- 7½ ounces hind leg of lamb.
- 12½ ounces breast of veal.





